



# DEV SAMAJ COLLEGE OF EDUCATION, SEC-36 B, CHANDIGARH



Sector-36B, Chandigarh

is offering

*A Value Added Course on*

on

*Yoga and Meditation*

21<sup>st</sup> May 2018 to  
20<sup>th</sup> June 2018

**Dr. (Mrs.) Agnese Dhillon**  
**Chief Patron**

**Facilitator : Dr. Neeru Malik**  
**Assistant Professor**



## ***COURSE LEARNING OUTCOMES***

- To increase flexibility.
- To Improve mental Health.
- Yoga helps with stress relief.
- Yoga helps reduce anxiety.

## ***COURSE CONTENT***

Various styles of yoga combine physical postures, breathing techniques, and meditation or relaxation.

- Siddhasana
- Padmasana
- Vajrasana
- Sukhasana
- Swastikasana

